

Discomforts in Pregnancy



Refer to pages 87-94 in Your [Pregnancy and Childbirth Handbook](#) for more information

Symptoms	Remedy
Nausea	Eat dry crackers, toast, or cereal before getting out of bed or whenever nausea starts. Eat 5 to 6 small meals each day so your stomach does not get empty. Avoid eating greasy or spicy food. Ginger Ale may alleviate some of the nausea. Avoid strong food smells until nausea passes
Tender Breasts	Wear a good bra. You can also wear a bra during sleep
Frequency of urination	Try to limit fluids before going to bed. Be sure to drink plenty of water at other times.
Fatigue	Daily exercise can help prevent fatigue by conditioning your body and improving circulation. Plan to relax by lying down at least once a day toward the end of pregnancy. It is common to feel fatigued early in pregnancy and in the last two months.
Constipation	Eat raw fruits, vegetables, prunes, whole grain, or bran cereals. Drink at least 2 quarts of fluid a day. Walking as exercise aids in preventing constipation. Never hold back the urge to have a bowel movement.
Hemorrhoids	Avoid constipation and diarrhea. Take brief rest periods during the day with hips elevated. Sit on firm surfaces or sit tailor fashion on floor. Practice Kegel exercises.
Low Backache	Rest frequently during the day. Maintain good posture. Do not stand in one position or one place too long; shift positions. Use a footstool under your feet while sitting, keeping knees higher than hips. Wear low heeled shoes
Vaginal Discharge (itching, burning, foul odor)	Bathe perineum with unperfumed soap. Avoid vaginal sprays, powders, and douches. Wear cotton underwear. Avoid panty hose/panty girdles and tight fitting apparel. Contact physician if symptoms persist.
Heartburn	Avoid spicy food and food high in fat. Do not lay lie down after eating. Eat smaller more frequent meals through out the day. Use Tums or Mylanta as directed (over use can make heartburn worse)
Varicose Veins	Avoid tight elastic bands in clothing. Rest frequently with your legs elevated above your heart. Elevate legs whenever you sit down.
Shooting pains down legs	Change positions
Lower leg cramps	Elevate legs frequently. Use heating pad or hot water bottle to relieve discomfort.
Not able to sleep	Do not eat immediately before going to bed. Take a warm bath before going to bed.
False Labor	Change your position or activity; drink plenty of water; if contractions do not stop, and get stronger, then call your midwife
Feel faint when lying on back	Lie on left side
Swelling hands and feet	Lie on left side for 30 minutes 3 to 4 times a day. Increase protein intake. Drink more fluids
Bleeding gums	Use a softer toothbrush. Increase your intake of foods containing vitamin C
Leaking Breasts	This is normal, wear nursing pads
Increased secretions	Normal in pregnancy
Dizziness	Move slowly when changing positions to avoid creating drastic blood pressure changes, especially if you have been lying down. Eat regular meals and drink plenty of water. Report any dizziness to your midwife.

Information adapted from "Common Discomforts of Pregnancy" by the Arizona department of health and Varney 4th edition.